



PLUMS, CANNED, PURPLE

Date: December 2008

Code: A464

PRODUCT DESCRIPTION

- Canned purple plums are U.S. Grade B or better, whole (unpeeled, unpitted) or halves (unpeeled, pitted).
- Plums are packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.

PACK/YIELD

- Each can contains about 15 ounces, which is about 2 cups or 4 servings (½ cup each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened plums in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Canned plums are a delicious dessert served chilled directly from the can, with juice or drained. They are also a wonderful addition to any fruit salad or dessert recipe.
- Add lemon juice to make the natural flavor of the fruit stronger.
- Chopped purple plums can be added to muffin batter.
- Serve drained and heated or at room temperature with meat dishes.

NUTRITION INFORMATION

- ½ cup of plums counts as ½ cup in the MyPyramid.gov Fruit Group. For a 2000-calorie diet, the daily recommendation is about 2 cups of fruit.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (126g) canned plums, pitted, in light syrup

Amount Per Serving

Calories	80	Calories from Fat	0
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 25mg	1%		
Total Carbohydrate 21g	7%		
Dietary Fiber 1g	4%		
Sugars 19g			
Protein 0g			
Vitamin A 6%	Vitamin C 2%		
Calcium 1%	Iron 6%		

*Percent Daily Values are based on a 2,000 calorie diet.

PLUMS-PLUS MUFFINS**MAKES ABOUT 12 SERVINGS****Ingredients**

- Nonstick cooking spray
- 1 box (about 14 ounces) oat bran muffin mix
- $\frac{3}{4}$ cup apple juice
- 1 cup plums, drained and finely chopped
- $\frac{3}{4}$ cup raisins

Directions

1. Preheat oven to 425 degrees F.
2. Lightly spray a 12-cup muffin pan with nonstick cooking spray.
3. In medium bowl, combine muffin mix and juice until just wet. Stir in plums and raisins.
4. Spoon batter into muffin cups, to just below the rim, making sure not to fill completely.
5. Bake 14 minutes or until a toothpick or fork inserted in center comes out clean.
6. Remove muffins from pan and cool on wire rack or plate.

Nutrition Information for 1 serving of Plum-Plus Muffins					
Calories	130	Cholesterol	0 mg	Sugar	11 g
Calories from Fat	20	Sodium	10 mg	Protein	6 g
Total Fat	2 g	Total Carbohydrate	34 g	Vitamin A	6 RAE
Saturated Fat	0.5 g	Dietary Fiber	6 g	Vitamin C	0 mg
				Calcium	30 mg
				Iron	2 mg

*Recipe adapted from The California Fruit Tree Agreement.***PLUM COOL DOWN****MAKES ABOUT 8 SERVINGS****Ingredients**

- 1 can (about 15 ounces) plums, drained and coarsely chopped
- 1 can (about 6 ounces) frozen cranberry juice concentrate
- 1 cup water

Directions

1. Combine all ingredients in blender.
2. Blend until smooth.

Nutrition Information for 1 serving of Plum Cool Down					
Calories	90	Cholesterol	0 mg	Sugar	20 g
Calories from Fat	0	Sodium	10 mg	Protein	0 g
Total Fat	0 g	Total Carbohydrate	23 g	Vitamin A	15 RAE
Saturated Fat	0 g	Dietary Fiber	0 g	Vitamin C	13 mg
				Calcium	9 mg
				Iron	1 mg

Recipe adapted from The California Fruit Tree Agreement.